

Mental Health Support Team (MHST)

Education Mental Health Practitioners (EMHPs) work as part of the MHST in your **selected schools**, either **1:1 or in groups**. We are trained to provide **early** intervention, Low Intensity Cognitive Behavioural Therapy (**LI-CBT**), which is a type of brief talking therapy to help with **anxiety, low mood**, and other **wellbeing** struggles. It does take work so you need to **want to** work with us.
***We do not offer a crisis service.**

Get in Contact



0117 403 8735



**awp.mhstenquiries
@nhs.net**

How can you access us?

Speak to a trusted member of staff in school who will work with the school **Mental Health Lead** (MHL) to make a referral to us.

OR

If you would prefer **not** to speak to a member of staff directly and think we are the right service for you, then complete a **self-referral** form by scanning the QR code or going to our website.



We will then meet with your MHL or review your online referral. Even if we are not the right service for you, we will still help your school to think about what options may be helpful.



If LI-CBT is suitable for you, then you will start meeting with your EMHP.

The MHST is a partnership between Off the Record (OTR) and CAMHS. We are working with **selected schools** across Bristol, North Somerset and South Glos.

To find out where we work, check out our webpage:

<https://www.awp.nhs.uk/camhs/camhs-services/mh-schools/mental-health-support-team-mhst-2>

This leaflet is also available in other languages. Please contact us for more information.

